



Spinning® Schedule

January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>New for 2019—Express SPIN Every Monday at 5:30PM 30 Minutes</p>		<p>1 New Year Special!</p> <p>10:00AM Pump and Pedal (SPIN followed up with Strength training @ 10:45) Chrissy</p>	<p>2 5:00AM ENDURANCE RIDE Chrissy</p> <p>5:30 PM SPIN & SCULPT Tara Puitz</p>	<p>3 9:15AM Interval SPIN Chrissy</p>	<p>4 5AM STRENGTH RIDE CHRISSY</p> <p>5:30PM Happy Hour CHRISSY</p>	5
<p>6 9:00AM Intro Spin Tara (30 Minutes)</p>	<p>7 5AM INTERVAL SPIN CHRISSY 5:30PM Express Maura (30 Minutes)</p>	<p>8 5:30PM Interval Ride Chrissy</p>	<p>9 5:00AM ENDURANCE RIDE Chrissy</p> <p>5:30 PM SPIN & SCULPT Tara Puitz</p>	<p>10 9:15AM Interval SPIN Chrissy</p>	<p>11 5AM STRENGTH RIDE CHRISSY</p> <p>5:30PM Happy Hour Tara Powell</p>	12
<p>13 9:00AM Intro Spin Tara Puitz (30 Minutes)</p>	<p>14 5AM INTERVAL SPIN CHRISSY 5:30PM Express Maura (30 Minutes)</p>	<p>15 5:30PM Interval Ride Chrissy</p>	<p>16 5AM ENDURANCE CHRISSY</p> <p>5:30 Interval Spin Tara Puitz</p>	<p>17 9:15AM Interval SPIN Chrissy</p>	<p>18 5:00AM STRENGTH Chrissy</p> <p>5:30PM Happy Hour Tara Powell</p>	19
<p>20 9:00AM Intro Spin Tara (30 Minutes)</p>	<p>21 5:00AM Interval Ride Chrissy 5:30PM Express Maura (30 Minutes)</p>	<p>22 5:30PM Interval Ride Chrissy</p>	<p>23 5AM ENDURANCE RIDE CHRISSY</p> <p>5:30PM SPIN-N-Sculpt Tara Puitz</p>	<p>24 9:15AM Interval SPIN Chrissy</p>	<p>25 5AM STRENGTH CHRISSY</p> <p>5:30PM Happy Hour Chrissy</p>	26
<p>27 9:00AM Intro Spin Tara (30 Minutes)</p>	<p>28 5AM INTERVAL SPIN CHRISSY</p> <p>5:30PM Express Maura (30 Minutes)</p>	<p>29 5:30PM Interval Ride Chrissy</p>	<p>30 5:00AM ENDURANCE RIDE Chrissy</p> <p>5:30PM SPIN-N-Sculpt Tara Puitz</p>	<p>31 9:15AM Interval SPIN Chrissy</p>		